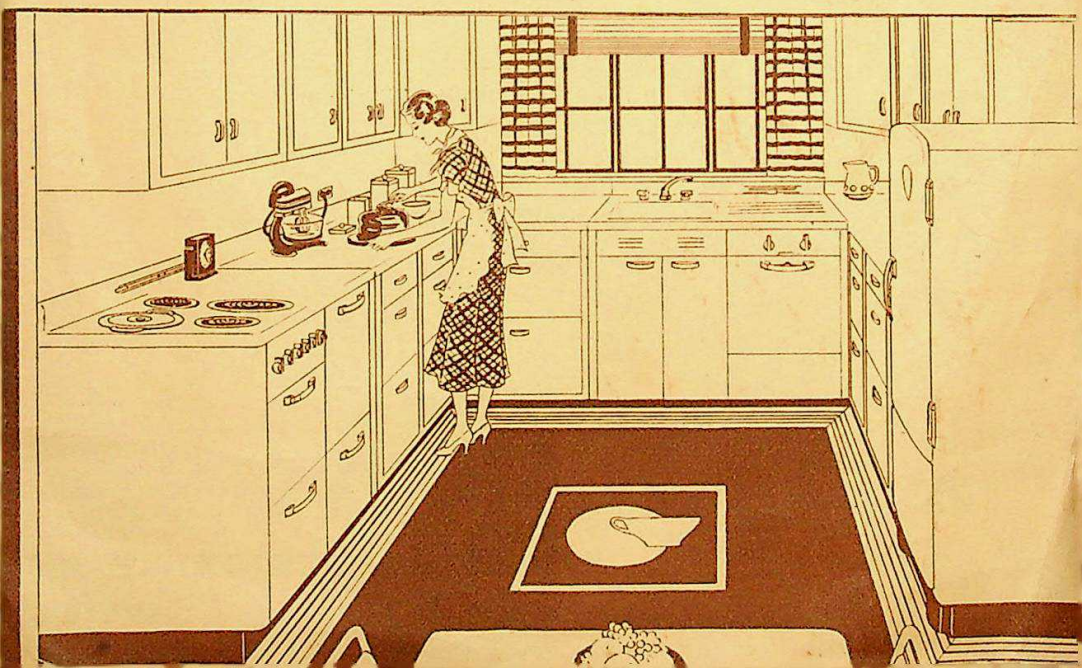
To Cora Benner From Fern Carey Dec. 6, 1939

Electric Cookery

DEMONSTRATION



Program

OVEN MEAL

Temp. 350°—1 hr. 15 min.

NOODLE RING WITH CREAMED TUNA

1 lb. noodles
2 eggs
1 c. milk
½ T. Worcestershire sauce
Dash of salt and pepper
2 T. catsup
1 c. grated cheese

Cook the noodles and drain. Beat eggs well. Combine with other ingredients. Add to noodles and pour into buttered ring mold. Bake. Unmold carefully onto a large platter and fill the center with creamed tuna.

CREAMED TUNA

2 cans tuna fish
3 c. milk
3 T. finely cut celery
3 T. finely chopped green pepper
1 T. finely cut parsley
Salt to taste
½ c. butter
4 T. flour
1½ c. mushrooms, canned or fresh, fried in butter
½ c. pimiento, cut in thin strips
2 egg yolks
Dash of Paprika

Cut tuna in cubes. Fry celery and green pepper in bottom of a pan with a little fat. Heat the butter, add the flour and stir until blended. Add milk and cook until thickened. stirring constantly. Add tuna, celery, green pepper, mushrooms, pimiento and parsley. Just before serving, add the yolks of the eggs mixed with some of the mixture. Season with salt and paprika. Pour this into the center of the noodle ring. Over the tuna, sprinkle tiny bits of pimiento and a generous dash of paprika, and over the noodle ring finely cut green pepper. Onion cups filled with buttered carrots, bits of cranberry marmalade and parsley can be used for garnishes. Serves eight.

BAKED APPLES WITH CRANBERRY SAUCE

Six Apples **Cranberry Sauce** **Walnuts** **Marshmallows**

Core and peel half way down the six apples. Fill center with cranberry sauce and walnuts. Place a marshmallow on top of each filled apple. Place in open pan. Bake with oven meal.

BRAN AND RAISIN MUFFINS

½ c. flour
½ t. salt
½ t. soda
1 t. baking powder
½ c. seedless raisins
1 c. bran
1 egg, beaten
½ c. buttermilk
3 T. white Karo
2 T. melted butter

Combine wet ingredients and then combine dry ingredients. Mix together. Bake with oven meal.

SWEET SOUR BEETS

1 large can of whole beets
¼ c. vinegar
¼ c. water
½ c. sugar
1 t. salt
2 T. butter
Dash of nutmeg

Place beets in covered pan and cook with oven meal.

THRIFT COOKER

BRAISED SHORT RIBS AND VEGETABLES

2½ lbs. Short Ribs of Beef **Carrots** **Potatoes** **Onions**

Brown ribs. Place in bottom of cooker. Place vegetables on rack. Cover. Turn switch to HIGH until steam appears. Then turn to LOW for 1½ hours.

CHRISTMAS PLUM PUDDING

1 cup beef suet, ground or finely chopped
1 c. brown sugar
1 c. milk
2 c. flour
2 eggs
2 c. soft bread crumbs
¼ c. fruit juice, may be grape, lemon, or orange juice
1 t. soda
2 t. cinnamon
1 t. cloves
1 t. mace
½ t. salt
2 c. raisins
½ c. citron peel
½ c. orange peel
½ c. lemon peel
½ c. almonds, finely cut

Combine suet, crumbs, milk and fruit juice. Beat sugar and eggs together, add to fruit mixture. Add flour sifted with soda, spices and salt. Fold in raisins, fruit peel and nuts. Pour into greased mold or two one-pound greased coffee cans, filling two-thirds full. Put 1½ cups water in bottom of Thrift Cooker. Place pudding mold on rack. Cover. Turn to HIGH until steaming, then LOW for three hours. At serving, resteam one hour, garnish with candied cherries and angelica and blanched almonds. Serve with vanilla sauce or any desired hot pudding sauce. Twenty servings.

DEEP FAT

DOUGHNUTS
(Makes 24)

¼ c. butter
1 c. sugar
2 eggs
4 to 4½ c. bread flour
4 t. baking powder
1 t. salt
1 t. nutmeg
½ t. cinnamon
1 c. milk
1 t. vanilla

Cream butter and sugar. Beat in eggs. Add sifted dry ingredients alternately with milk. Add vanilla. Roll ¼ inch thick and cut with doughnut cutter. Fry in deep fat heated to 385°. Time—about five minutes.

PIMIENTO POTATO BALLS

1 T. butter
⅞ c. dried bread crumbs
2 c. riced potato
½ t. salt
¼ t. pepper
1 can pimiento, minced
1 egg yolk
1 egg white, beaten stiff

Melt the butter and fry the crumbs in it until a delicate brown. Blend with the riced potato. Add the salt, pepper and pimiento. Stir the egg yolk into the mixture and fold in the egg white. Shape the mixture into small balls less than one inch in diameter. Fry in deep fat heated to 385°.

SURFACE

BAKED POTATOES

Place medium sized baking potatoes in covered saucepan. Turn to third speed and cook one hour, turning once.

SURFACE CAKE

6 T. fat
12 T. sugar
2 eggs
salt
3 t. Calumet baking powder
2 c. bread flour
⅔ c. milk
1 t. vanilla

TOPPING

2 ounces grated sweet chocolate
½ c. chopped nuts

Cream fat and sugar. Beat in eggs. Add sifted dry ingredients alternately with milk. Add vanilla. Grease and flour a flat bottomed covered aluminum saucepan, 8" in diameter. Pour in batter. Place on Utility unit, switch to THRIFT heat for 30 minutes. Add topping and cook 15 minutes longer.

SHRIMP LUNCHEON DISH

3 T. butter
1 onion minced
1 green pepper, minced
1 clove garlic
¼ c. pimiento
1 c. rice, washed well
½ c. mushrooms
1½ c. shrimp
1 t. salt
1 bay leaf
2 c. water

Melt butter in skillet; add onion, green pepper, clove garlic, pimiento, and rice. Clean and add mushrooms, and shrimp. Then add salt, bay leaf, and water. Cover skillet and place on unit turned to HIGH. When steaming freely, turn off for 45 minutes.

BROILER

BACON AND SCRAMBLED EGGS

Break eggs in greased broiler pan. Place bacon on rack over eggs. Broil until brown, turning once. Remove rack, stir eggs with fork, and brown under unit.

LEMON PIE

Mix 3 T. of cream corn starch with 1½ c. of sugar. Cover with the grated rind and juice of 1½ lemons. Add the beaten yolks of three eggs and 1½ c. boiling water. Add a pinch of salt and a piece of butter. Cook until thick. Pour into baked crust. Cover with the stiff whites of the three eggs to which a little sugar has been added, return to the oven and brown. Temperature—350° for 20 minutes.

HE LOW 2½ CENT RATE
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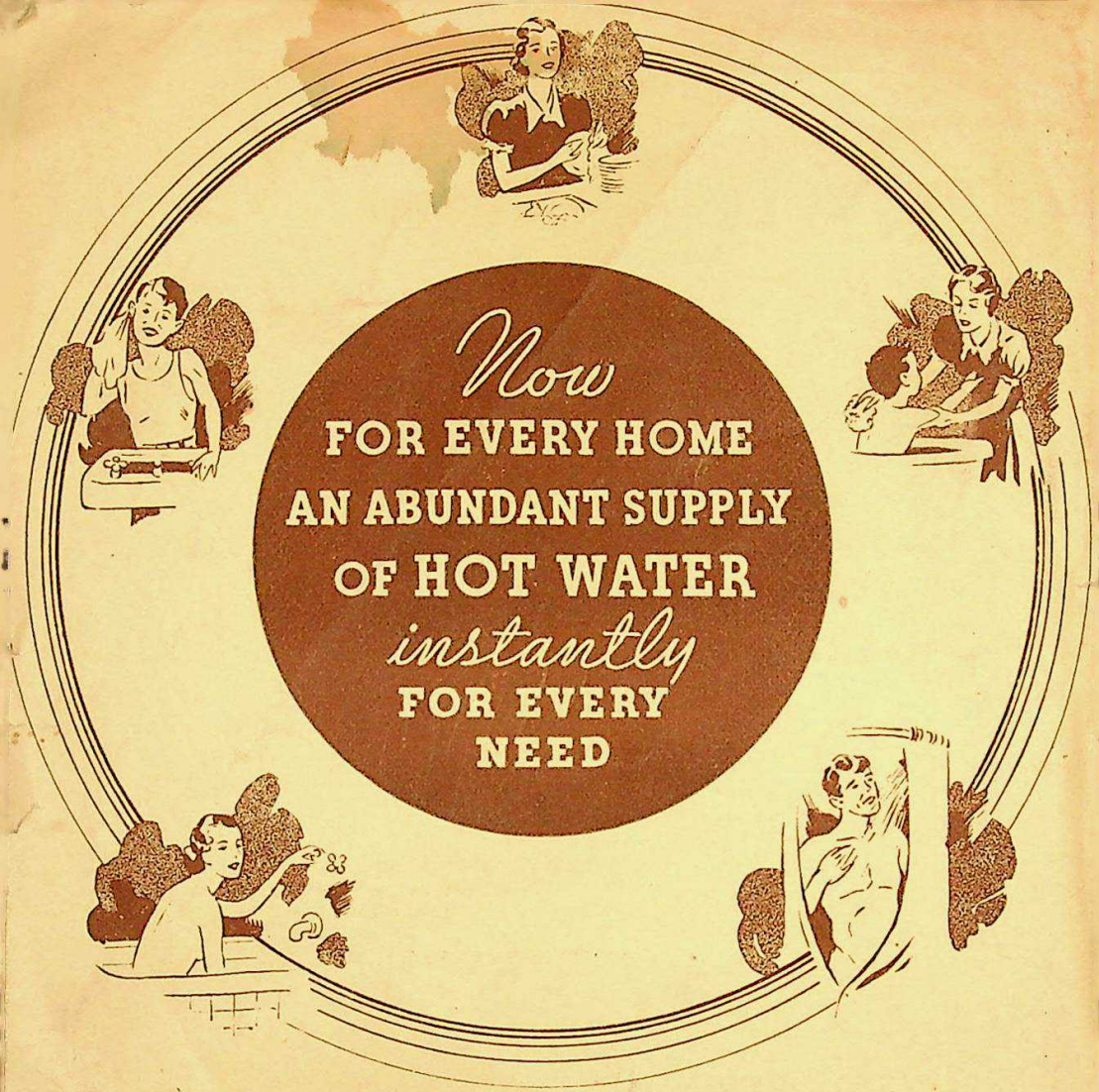

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